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Dating don'ts

Upcoming bachelor on dating show lays out four reasons he never called you again PAGE 12

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CALGARY metro®

Tuesday, February 19, 2013

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HARLEM SHAKE YYC

A motley crew of Calgarians assembled on Family Day in front of The Bow to offer their take on the growing "Harlem Shake" online dance-video phenomenon. More than 100 crazily costumed people of all ages took part in the public event. The video can be viewed at the MediaPopYYC Youtube channel. JAMES A. BEST/FOR METRO

School-entry lotteries could double: Official

Fair process? Parents lament leaving child's future to chance

Hundreds more Calgary families could be forced to roll the dice on where their kids attend school in the coming years as local classrooms continue to buckle under the pressure of surging student enrolment.

The Calgary Board of Education is now involving approximately 75 schools in discussions about the possibility of introducing or continuing enrolment lotteries over the next three years, according to acting director of planning and transportation Donna Crawford.

Of those, approximately 35 schools already conducted lotteries to determine enrolment for the current school year and as many as 50 could be involved in the process over the next few weeks in preparation for the 2013-14 school year, Crawford said.

This all comes as Alberta school boards anxiously await to see if the provincial government can find wiggle room in its budget to break ground on new schools despite facing a $6-billion shortfall.

"Even if we get building announcements in the new (provincial) budget, it takes three to four years to build new schools," Crawford said. "We are anticipating huge growth into Calgary in the next three years — if the economics turn around, that won't be true."

For parents who have already been on the losing side of a lottery, the word of more schools turning to the practice was not welcome. Pam Nichol's son was not chosen to attend Royal Oak School last year and is now bussed to Dalhousie to attend classes.

"As soon as it (the school) was opened it was at capacity," she said. "Why would they not build the school big enough?"

The breakdown of schools considering lotteries would be about evenly split between regular community programs and alternative programs like Spanish bilingual and French immersion, which has seen a recent resurgence in popularity, Crawford said.

Lotteries have already been held at some CBE schools and will continue into March.

The CBE is also moving to streamline its lottery process at all regular-school programs effective for the fall of 2014.

That will mean first priority at all schools will be given to students living in the walk zone with older siblings already attending. Next will be families living in the walk zone without siblings attending. The last category would be used to classify everyone else living within the school boundary, and it's that group that would be most likely to face a lottery situation, according to an article on the CBE's website.

JEREMY NOLAIS/METRO

Rallying for a new school, page 3

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Rally. Push for a middle school

Braving frigid temperatures, hundreds of parents in northwest Calgary took an opportunity Monday to bend the ears of elected officials as part of an ongoing push for what they say is a desperately needed new middle school.

The family-friendly rally, hosted by the Rocky Ridge Royal Oak Community Association, was largely spurred by a change that saw a planned middle school for the area dropped from second to seventh place on the Calgary Board of Education's capital-plan ranking scheme.

Mother Shawna Torres grills Calgary Board of Education trustee Joy Bowen-Eyre during a rally for a new middle school. JEREMY NOLAIS/METRO

Rachelle and Derek Wride moved into the area a year ago and have two young children that could someday benefit from the proposed middle school. Their son already attends the area elementary school but it's over capacity and turns hundreds of kids away annually.

"It's a little disappointing that they seem to be behind the growth and not ahead of it," Derek said.

Trustee Joy Bowen-Eyre, attempting to defuse angry cries from a crowd organizers said was 300 strong, was quick to point out that while her organization drafts the capital plan, it's ultimately the province that funds Alberta school projects.

"We don't know when we're going to get those new buildings approved," she said.

JEREMY NOLAIS/METRO

City Auditor's Office. Near-record year for Calgary whistle blowing: 94 reports received

It wasn't quite a record year for blowing the whistle at city hall, but it was close.

The City Auditor's Office received 94 whistle-blower reports in 2012, up from 68 the year before but still below the record 100 reports it received in 2010.

Audit committee chair Ald. Gael MacLeod said the nearly six-year-old program seems to be working, for the most part, but he questioned whether its mandate needs to be refined.

"This isn't to be used just because you're crabby with your supervisor," MacLeod said.

She noted the majority of reports received — 49 of the 94 — were classified as being "more appropriately addressed by management" and referred to the city manager's office.

Another 15 of the reports were classified as having no action required.

Just three of the reports received in 2012 resulted in a city auditor investigation.

Ald. Brian Pincott, who previously chaired the audit committee, said he had no problem with the program being used largely for internal complaints.

"The intent is to give people a safe forum," Pincott said. "A lot of times if somebody has a concern about management ... they need that safe avenue to share that, and this fits the bill."

Of the cases that were substantiated and closed in 2012, just one resulted in someone being fired — an employee in the transportation department who was found to be working another job while claiming sick and accident benefits from the city.

ROBSON FLETCHER/METRO

Alleged beating victim left with questions

Seeking help.
Witnesses of seemingly random assault in downtown Calgary urged to come forward

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Beaten and bruised, an Okotoks man wants justice — and answers — after what he described as a random attack in downtown Calgary over the weekend.

Chris McKenna said trouble began seconds after he climbed into a cab around 12:30 a.m. Saturday near The Drum and Monkey Public House, located at 1201–1st St. S.W. He had been out enjoying a night on the town with friends after only recently moving back to the Calgary area.

"We decided to go home and we turned the corner to get a cab," the 20-year-old recalled. "There was a group of six guys looking at us ... but we didn't think much of it. I got in the cab and shut the door, but they opened it. First, they kicked at me and then they pulled me out and I hit the ground."

Friends rushed to McKenna's aid but not before he was left with a swollen left eye, multiple bruises and a broken pair of glasses.

"The right side of my jaw clicks when I open it now, so I think there might be something wrong there," he added.

McKenna has filed a complaint with the police and he said the cab driver has also provided a statement to investigators.

Police were not available to comment on the incident Monday.

Friend Michael Lewis said his group did nothing to provoke the attack, adding the incident has shaken his faith in the local community.

"It makes me really sad to try and defend Calgary," he said. "I couldn't think of a better way we could avoid a problem like that ... we were in the safety of a cab when this happened."

Okotoks resident Chris McKenna is seen in a photo taken shortly after his alleged beating in downtown Calgary early Saturday. CONTRIBUTED

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Memories of Calgary Games still strong for its heroes

Figure skaters. Brian Boitano and Elizabeth Manley recall how the '88 Olympics gave their careers a boost

LISA WILTON
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Elizabeth Manley's look of shock and excitement upon completing her long-program skate is one of the most enduring images from the 1988 Winter Olympics.

"That pure emotion you saw, it didn't have anything to do with getting a medal," she recalls.

"It was because I finished (the routine)."

The Canadian figure skater — who wasn't considered a medal contender going into the Games — had been battling illness throughout the Olympics and even thought about withdrawing from the competition.

But after the compulsory figures and short program, Manley found herself in third place and decided to push through. Her energetic and technically perfect long-program performance received high marks from the judges and won her a silver medal, behind German skater Katarina Witt.

Though she missed out on gold, Manley won the hearts of Canadians and became one of the heroes of the Calgary Games.

The '88 Olympics opened doors for Manley and today the 47-year-old is producer of the star-studded ice show Elizabeth Manley & Friends, as well as a spokesperson for Ovarian Cancer Canada (her mother died of the disease in 2008).

The Calgary Games also served as a launching pad for American athlete Brian Boitano.

The ice skater went head-to-head with Canadian Brian Orser for men's figure skating gold in what was dubbed The Battle of the Brians.

To the disappointment of millions of Canadians, Boitano edged out Orser, yet still managed to win over fans with skill and charm.

"I wouldn't have a quarter of the life I would have now if it wasn't for Calgary," says Boitano, who hosts a cooking show on the Food Network called What Would Brian Boitano Make?

"It really was responsible for everything I'm so lucky to have."

Devon Harris, the captain of the underdog Jamaican bobsled team, was stunned at how warmly they were received in Calgary and says he has a tough time choosing a favourite memory.

"One of the things I remember the most was after we crashed our sled and were trying to get off the track, people were cheering and shouting, 'We love you," says Harris.

"It made us feel so welcome. It's something I'll always remember."

The 1988 Olympic Games made gold-medal figure skater Brian Boitano a household name. CONTRIBUTED

Calgary 1988

Where are they now?

- **Brian Orser.** The Belleville, Ont., native led the Canadian team into McMahon stadium during the Olympics opening ceremony and was one of the country's great gold-medal hopes. He came away with silver in men's figure skating. Orser won an Emmy for his role in Carmen On Ice and is currently a coach and skate director with the Toronto Cricket, Skating and Curling Club.
- **Ekaterina Gordeeva and Sergei Grinkov.** The Russian skating pair wowed the crowds in Calgary with their stunning choreography and noticeable chemistry. After winning the gold, Gordeeva and Grinkov continued to compete, securing a top spot again at the Lillehammer Games. Sadly, Grinkov died from congenital heart failure in 1995. Gordeeva opened a skating rink in California last year.
- **Karen Percy.** Canadian medals were in short supply but Percy did her best to boost the numbers by winning two bronze medals in alpine skiing. These days, she works with several charities, including Waterkeeper Alliance and the Zebra Foundation.
- **Eddie "The Eagle" Edwards.** A crowd favourite, the ski-jumping Brit was more penguin than eagle. Earlier this month, Edwards won first place in the British TV show, Splash!, in which U.K. celebrities compete in high-diving events. Don't laugh, there's a U.S. version in the works.

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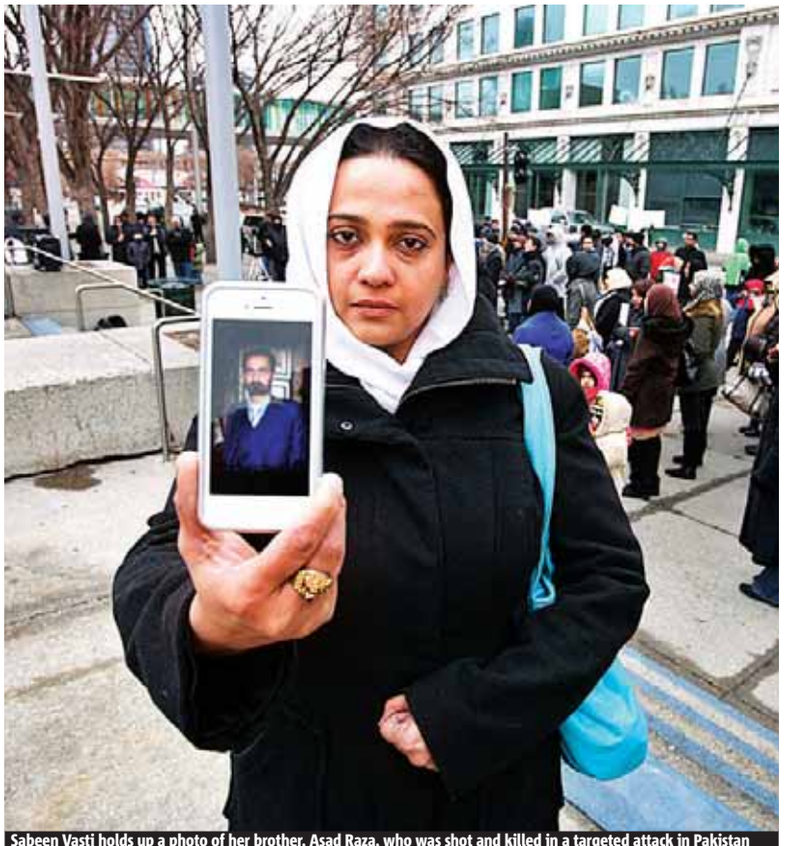

Sabeen Vasti holds up a photo of her brother, Asad Raza, who was shot and killed in a targeted attack in Pakistan in November. Behind her, more than 100 people rallied outside Calgary City Hall in opposition to the escalating violence. ROBSON FLETCHER/METRO

Shiite Calgarians protest violence in Pakistan

Mass killings. Local Shiites call on Ottawa to apply diplomatic pressure to end slayings by extremists

ROBSON FLETCHER
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In the span of four months last year, Sabeen Vasti lost her father and then her brother to targeted attacks against Shia Muslims in Pakistan.

On Monday, she joined more than 100 protesters in Calgary to call for an end to the ongoing violence that has been widely attributed to Sunni extremists aligned with the Taliban and al-Qaida.

"We need support," Vasti said. "That's something Canada can do for my family, for my people. We are helpless right now."

Attacks against higher-profile members of the Shia community have been going on for years, but recent mass killings have brought the issue to the forefront.

A bomb blast on Saturday killed 89 people in the city of Quetta, Pakistan. More than 100 people were killed in the same city on Jan. 10.

The targets of those bombings were largely Hazara Shiites, an ethnically distinct group more visually identifiable to attackers.

"Their faces are different," Jafar Salman said, as he thumbed through graphic iPhone photos of children killed in the most recent Quetta attack, in which an estimated 800 kilograms of explosives were hidden inside a water-transport truck and detonated at a market.

Arshad Zaidi said he moved to Canada in 1989 after his family was targeted.

He hopes the Canadian government will pressure Pakistani leaders to do more to crack down on the escalating violence.

Unrest in Pakistan

- An estimated 15,000 people took to the streets in Quetta, Pakistan, on Monday in a second day of protests after Saturday's bombing in that city.
- At roughly the same time, militants disguised as policemen attacked a senior political official's office in northwest Pakistan and killed six people, according to Pakistani police.

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Rootin' tootin' bubble toy bursts school safety rules

Kelly Guarna and her five-year-old daughter Madison pose for a portrait in Mount Carmel, Pa., where the kindergartner was suspended for threatening schoolmates with bubbles from a Hello Kitty toy. JIMMY MAY/THE ASSOCIATED PRESS

Zero tolerance.

High-profile grade school suspensions over perceived threats renew questions about policy

Waiting in line for the bus, a Pennsylvania kindergartner tells her pals she's going to shoot them with a Hello Kitty toy that makes soap bubbles. In Massachusetts, a five-year-old boy attending an after-school program makes a gun out of Legos and points it at other students while "simulating the sound of gunfire," as one school official put it. Kids with active imaginations? Or potential threats to school safety?

Some school officials are taking the latter view, suspending or threatening to suspend small children over behaviour their parents consider perfectly normal and age-appropriate, even now with schools in a state of heightened sensitivity following the mass shooting at Sandy Hook Elementary in December.

Maryland father Stephen Grafton said common sense was in short supply in a case involving his six-year-old son, who he said was suspended from school, along with a second child, for using their hands as "guns" during recess.

Grafton said administrators were criminalizing play. He said he told his son he shouldn't shoot pretend guns, "but it was a difficult conversation to have because he didn't do anything wrong."

THE ASSOCIATED PRESS

Quoted

"It's horrible, what they're doing to these kids. They're treating them as mini-adults, making them grow up too fast and robbing them of their imaginations."

Kelly Guarna, whose five-year-old daughter, Madison, was suspended by Mount Carmel Area School District in eastern Pennsylvania last month for making a "terroristic threat" with a bubble gun.

Russian revenge

Abducted politician buried in concrete

Authorities say the body of a Russian lawmaker has been found in a garage, cemented in a barrel. Another politician has been accused of ordering the killing over an $80-million debt.

Mikhail Pakhomov, 37, went missing last week. He was a member of the local legislature in Lipetsk, a city some 350 kilometres south of Moscow, and was last seen when three unidentified men pushed him into a car and drove away.

Russia's Investigative Committee says several suspects were detained in the case and that authorities found Pakhomov's body badly beaten.

The Investigative Committee said Yevgeny Kharitonov is being held on suspicion of ordering the killing of Pakhomov, allegedly over the multimillion-dollar debt. Kharitonov is a former deputy minister for communal services in the Moscow region's provincial government.

The committee's spokesman, Vladimir Markin, said that one of the detained suspects alleged that Kharitonov had said he had to recover the debt to advance his career.

Russian news reports said Kharitonov was detained by police at Moscow's Sheremetyevo airport while preparing to board a flight to the southern city of Krasnodar. THE ASSOCIATED PRESS

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At least 3,000 children died in residential school system

Hard facts emerge. Disease the lead killer, followed by malnutrition, fire, drowning, suicide

At least 3,000 children are now known to have died while attending Canada's Indian residential schools, new unpublished research shows.

While deaths have long been documented in the residential school system, the findings are the result of the first systematic search of government, school and other records.

"These are actual confirmed numbers," Alex Maass, research manager of the Missing Children Project, said in Vancouver. The number could rise as more documents come to light.

The largest killer, by far, was disease. For decades, starting in about 1910, tuberculosis was a consistent killer. The Spanish flu epidemic in 1918-19 also took a devastating toll: In one three-month period, the disease killed 20 children at a residential school in Spanish, Ont., the records show.

While statistical analysis has yet to be done, the records show children also died of malnutrition or accidents. Schools consistently burned down, killing students and staff. Drownings and exposure were other causes.

Many children were physically, mentally and sexually abused. Some committed suicide. Some died fleeing their schools, including four boys — two aged 8 and two aged 9 — in January 1937. A Canadian Press report from Vanderhoof, B.C., describes how the four bodies were found huddled together in slush ice on Fraser Lake.

The records reveal the numbers fell off dramatically only after the 1950s, although some occurred into the 1970s.

In fact, Maass said, student deaths were so much a part of the system, architectural plans for many schools included cemeteries laid out in advance.

Maass said researchers had identified 50 burial sites as part of the project.

About 500 of the victims remain nameless. Documentation was contained in Department of Indian Affairs year-end reports, which stopped abruptly in 1917.

"It was obviously a policy not to report them," Maass said. THE CANADIAN PRESS

The system

In all, about 150,000 First Nations children went through the church-run residential school system, which ran from the 1870s until the 1990s.

- **Curriculum.** In many cases, native kids were forced to attend under a federal policy of "civilizing" aboriginal peoples.

A tin grave marker of a student from St Joseph's Indian school in Chapleau, Ont. ALEX MAASS, HANDOUT/THE CANADIAN PRESS FILE

Recruitment fund

Cops feel squeeze as program ends

The end of a federal program aimed at putting more cops on the streets is threatening anti-gang squads and aboriginal police and could stretch existing resources across the country, law-enforcement officials say.

The $400-million Police Officer Recruitment Fund was set up in 2008 to add 2,500 new officers.

In Alberta, $42.4 million allowed for the hiring of 83 officers to bolster the Alberta Law Enforcement Response Team, which has targeted gangs, drugs and child exploitation.

But Michelle Davio, spokeswoman for the provincial Justice and Solicitor General Department, said funding for the positions will extend to the 2014-15 budget year.

Federal opposition Leader Tom Mulcair told a recent news scrum in Montreal that the Conservatives "like to snap their suspenders and tell everybody they're a law-and-order government. It's an irony to see them scaling back investments on law and order." THE CANADIAN PRESS

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Round-the-world journey ends fatally in Thailand

Cyclist bloggers.
Couple planned to make their way to New Zealand after riding Southeast Asia

British couple Peter Root and Mary Thompson, both 34, were killed in Thailand last week in a road accident during their round-the-world cycling odyssey.
JERRY ROOT/THE ASSOCIATED PRESS

A British couple's round-the-world cycling odyssey ended in tragedy when both of them were killed in a road accident in Thailand.

Peter Root and Mary Thompson, who had been chronicling their journey in a blog, died Wednesday when they were hit by a pickup truck in a province east of Bangkok, Thai police said Monday.

The couple, both 34 and from Guernsey in the Channel Islands, left Britain in July 2011 and had cycled through Europe, the Middle East, Central Asia and China.

The trip was a once-in-a-lifetime experience for the couple, who met in art school and spent six years saving money and planning their journey, Peter's father Jerry Root told The Associated Press in an interview.

"They were both inspirational," Root said. "They didn't just talk about it, they did it. I couldn't be prouder of them."

He said they were both experienced cyclists who knew the rigours and risks of extended bicycle travel.

"What helps me is to think of how happy they were with each other. They were leading the life they wanted to," he said.

The couple had been posting photos and details of their trip on the website Two on Four Wheels. They also had many followers on Twitter and Facebook who were tracing their journey, which included a trip through remote parts of Central Asia.

A video they posted from that part of the journey shows them camping in the desert, riding through hills, stopping to swim in rivers and lakes, and braving heavy snowstorms. They also cycle through tense situations as armed conflict breaks out during their journey through Tajikistan. THE ASSOCIATED PRESS

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Focus groups lukewarm on feds' pro-energy ads

Taxpayer-funded PR.
Federal campaign to cast resource industries in a positive light needed tweaking, report shows

Focus-group testing on what the Harper government calls its Responsible Resource Development campaign found the advertising to be light on facts but uplifting and patriotic, a government-commissioned study says.

The fruits of that taxpayer-funded labour will be on display again this spring as a second wave of ads — designed to persuade Canadians of "the importance and impact of Canada's energy sector" — hits the air.

Natural Resources Canada has budgeted $9 million in the current 2012-13 fiscal year for ads that show a cross-section of resource industries in a job-friendly and environmentally sensitive light. It's a carefully calibrated exercise.

Last summer, NRCan hired Leger Marketing to fine-tune the government's proposed advertising campaign. The Leger report, posted last week by Library and Archives Canada, details how original concepts for the ad campaign failed to impress a dozen focus groups spread across six Canadian cities. THE CANADIAN PRESS

Telling whoppers on Twitter

Just call it a virtual Big Mac attack. On Monday, Burger King asked Twitter to suspend its account after it was apparently hacked. Starting just after noon Eastern time, the fast-food company's Twitter picture was changed to a McDonald's logo, the background picture changed to McDonald's new Fish McBites and the account tweeted that Burger King had been sold to McDonald's. Burger King hopes to have the account back up soon. THE ASSOCIATED PRESS

Launch rumoured

Can PlayStation 4 put some life back into home gaming?

It's been six years and counting now since the arrival of the PlayStation 3 — pretty much an eternity in tech years — but the wait may be at an end. Will Wednesday be the day that Sony announces PlayStation 4?

While there's no official word, observers have been busy predicting what the long-awaited new system might be like.

It could feature a new control with touch pad capabilities like the PS Vita. It could allow more than one user to log in at the same time. It will likely have a more advanced motion support system, and be able to stream games and content.

"PlayStation 4 could potentially help reignite some interest in the retail console gaming market and top systems, much of the thunder of which has been stolen by smartphones, tablets and alternative gaming devices," said Scott Steinberg, a gaming industry consultant.

MICHELLE CASTILLO/ METRO WORLD NEWS

Dr. Alan Bates.
Psychiatry Resident
and President
of the Vancouver
Street Soccer
League
VANCOUVER
STREET SOCCER LEAGUE
VANCOUVER, BC
Game Changer
When psychiatry resident Dr. Alan Bates began volunteering with the Vancouver Street Soccer League, he had no idea how big an impact the game would have on the city's homeless population. Getting together to practice and play games – sometimes in international tournaments – has been incredibly beneficial for the lives and health of the players in the nine-team league. "The returns have been striking: Reduced alcoholism and hospitalizations, players finding homes and jobs. It's amazing what a difference these games make." DOCSFORPATIENTS.CA
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Canadian Medical Association
Photo: Sugino Studio Creative: Scott Thornley + Company STCworks.ca

Notice of Hearing for

Permanent Guardianship Order To

Glen Stewart

Take notice that on the **27th day of February, 2013 at 9:30 a.m.**, at **Calgary Family Court, Courtroom # 1205, 601 – 5th Street SW, Calgary, Alberta**, a hearing will take place.

A Director, under the Child, Youth and Family Enhancement Act will make an application for: **Permanent Guardianship** of your children born on **January 26, 2005 and February 21, 2003**. If you wish to speak to this matter in court, you MUST appear in court on this date. You do have the right to be represented by a lawyer. If you do not attend in person or by a lawyer, an Order may be made in your absence and the Judge may make a different Order than the one being applied for by the Director.

You will be bound by any Order the Judge makes.

You do have the right to appeal the Order within 30 days from the date the Order is made.

Contact: Cindy Lipsett; Jackie Ellice; Daniella Eggink
Calgary and Area Child and Family Services Authority
Phone: (403) 297-2978

NEED A RIDE?
Read metro drive every Wednesday.

GOD BLESS AMERICA AND ITS UNLIMITED BREAD STICKS

SHE SAYS...
Jessica Napier
metronews.ca

I am a self-appointed restaurant snob. The establishments I frequent usually don't seat more than 30 diners and are regularly featured on best-of lists. And yet somehow I recently found myself at an Olive Garden in upstate New York.

We arrived at 5:55 p.m., an ungodly dinner hour for most urbanites, only to be told that the wait would be an hour and a half. Evidently, this wasn't just THE place to eat in Cheektowaga on a Saturday night. It was also the only place to eat.

I settled in at the bar and ordered myself a supersized glass of wine and drank in the surroundings — this was my first Olive Garden experience after all. Between the throngs of cross-border shoppers and teenaged couples, I noticed the walls were lined with black-and-white photographs of wrinkled Italian nonnas who had surely never been anywhere close to a strip mall off I-90.

Made in America

Walls were lined with black-and-white photographs of wrinkled Italian nonnas who had surely never been anywhere close to a strip mall off I-90.

Eventually, we were seated at a table with six extra-wide chairs equipped with wheels, presumably because some people are not physically capable of lifting themselves out of their seats after consuming deep-dish bowls of cheese ravioli. When our eager-to-please server arrived, I noticed that she was wearing a green button emblazoned with the word "hospitaliano," a portmanteau describing the chain restaurant's unique brand of fauxtalian friendliness. Overwhelmed with the laminated booklet full of menu options, I asked her what she recommended. The effervescent 20-year-old lived up to her button mantra and told me to order anything I wanted and she'd make it happen.

I couldn't help drawing comparisons to my favourite no-reservations, no-substitutions authentic Italian restaurant in Toronto where the servers, most of whom look impossibly cool and beautiful, scorn anyone who dares to ask about customizing their meal. It's a masochistic dining experience in which you as the customer are never right and should feel lucky to even snag a spot in the restaurant. In most cases, that spot is upon an uncomfortable stool positioned so close to fellow diners you'll be elbowed in the ribs constantly while they snap photos of their Mason-jar tiramisu.

And yet here I was, lounging in a double-wide rolling chair stuffing my face with reasonably priced penne. After 90 minutes, I found it impossible to hold my body up straight and was just one bite of cheesecake away from smearing a greasy bread stick on my seat to help myself slide out of my chair.

As I lurched out of the restaurant, the crowds were continuing to stream in. My inner foodie cringed but I had to admit there was a certain appeal. I don't care how sophisticated your palate is, everyone can appreciate a hefty quantity of cheesy carbohydrates for just $11.95 US.

Follow Jessica Napier on Twitter @MetroSheSays

Chain-restaurant food for a change. JESSICA NAPIER/METRO

Life's a converted air-force hangar

SEAN GALLUP/GETTY IMAGES

Sunny side of winter

Indoor beach lures sun seekers

Without a cloud in the sky, this beach is the perfect place to relax.

The Tropical Islands resort in Krausnick, 60 kilometres south of Berlin, welcomes up to 6,000 visitors a day who are keen to shed their winter wear for bikinis and trunks. Located on the site of a former Soviet air base, the indoor resort occupies a hangar first built to house airships. METRO

Not quite an island

- **Size.** 360 metres long, 210 metres wide and 107 metres tall — New York City's Statue of Liberty could stand inside it, and Paris' Eiffel Tower could lie across it.
- **No sky, no problem for sun seekers.** Special translucent panels in the south side of the roof allow UV light to shine through.
- **Constant temperature.** 26 C inside compared to -20 C outside.

A Malaysian leisure investment consortium saw life in the old hangar and reopened it as an indoor tropical resort in 2004.
SEAN GALLUP/GETTY IMAGES

Metropolitan Panel

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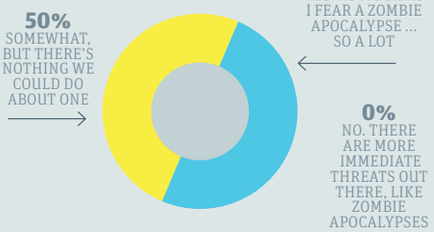
Do you fear a meteor strike?


50%
SOMEWHAT, BUT THERE'S NOTHING WE COULD DO ABOUT ONE
50%
YES. AS MUCH AS I FEAR A ZOMBIE APOCALYPSE ... SO A LOT
0%
NO. THERE ARE MORE IMMEDIATE THREATS OUT THERE, LIKE ZOMBIE APOCALYPSES

Twitter

@DrewGoodman83: Calgary and Airdrie are probably the ugliest cities in the world #yyc #airdrieproblems

@pgalberta: What an incredibly overpriced disappointment Telus Spark is. $70 for family of 4 plus parking with no show access and broken exhibits #yyc

@ProspectCGY: Nice to see that I was right. #idlenomore flunkies, junkies, and assorted losers have faded back into obscurity #yyc #yvr #yyz #cdnpoli #hah

@jeremitis: Oh hi winter, there you are. You've been hiding on us #yyc

@KazanovaR: Harlem shake at wonderland in downtown Calgary was an epic success #yyc #HarlemShake #calgary

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DVD review

Argo

Director. Ben Affleck

Stars. Ben Affleck, Bryan Cranston, John Goodman

Ben Affleck's thriller revisits the 1980 "Canadian Caper" rescue of six U.S. diplomats from Iran and declares it was really a covert American CIA operation all along, one with Tinseltown glitter and car chases. Argo tells this whopper of a tale with style, wit and a level of excitement designed for Oscar and succeeds, picking up seven nominations, including best picture. Does it matter that Affleck's movie, based on Chris Terrio's script, bears about as much resemblance to the real story as a red Twizzler does to a strawberry? Perhaps not, if the crunch of your popcorn can drown out the sound of discarded facts swirling the drain, as so often happens when Hollywood meets history. Despite these and other criticisms — the film is chock full of stereotypes and clichés — Argo is undeniably entertaining. Extras include a director's commentary and several making-of featurettes.

PETER HOWELL

Four eligible bachelors compete to win the affection of one woman through wining, dining and adventurous dates. HANDOUT

Don't make these big date mistakes

Courting with class. Come Date With Me's Wilder Weir offers some basic etiquette tips for meet-ups

Wilder Weir, host of Oh So Cosmo and an eligible bachelor on the upcoming W Network series, Come Date With Me, gives the male take on some of the biggest mistakes women make on a first date, or on dates in general.

Texting/constantly checking her smartphone

Going on a date can be an insecure situation for anyone. Nowadays when things get awkward or scary, human nature is to bury your head into your phone like a petrified ostrich. In order to escape reality people will re-check empty email inboxes or scroll through hundreds of sepia-toned "selfie" pictures on Instagram, but on a date put your phone away for a few hours! Nothing says "this date is boring" like checking your Facebook between sips of wine at a dinner table. Unless you're sending out a mass emergency text about your location details because you suddenly realize you recognize your date from an episode of America's Most Wanted and are worried your face is going to end up on the side of a milk carton, put down your phone. I don't care if you feel uncomfortable and are one awkward silence away from trying to get to the last level of angry birds, you're being rude. So, please, don't text a real time play-by-play of your date to your best friend — save it for later.

Talking about an ex

No matter how secure your date is, he doesn't want to hear about your ex-boyfriend who was A) a doctor B) a professional athlete or C) worked with kids. File this idea within the first five dates, under "U" for useless information. Talking about an ex will only create more questions that you likely don't want to answer or possibly make your date bored. Don't get me wrong, I know this is sometimes hard to do, especially fresh out of an old relationship because that person you broke up with was a big part of your life. However, bragging about your ex will only make him wonder why he broke up with you in the first place. Trust me, the only thing I want to hear about your ex is summed up perfectly by Taylor Swift: "We are never ever ever getting back together."

Watch it

Come Date With Me, which sees four men or women compete for the heart of an eligible bachelor or bachelorette, premieres Wednesday night on W Network.

Too many drinks

All of this advice can apply to men and women on dates, but this is particularly good advice for both sexes. Yes, drinking may make you feel temporarily invincible, but one too many and the next thing you know you're acting out your favourite temper tantrum from Toddlers in Tiara's and turning yourself into a sexual Hiroshima.

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Cult creator no stranger to dealing with obsessed fans

New series. Rockne S. O'Bannon, the man behind Farscape, used his experiences with that show to inspire his latest project

NED EHRBAR
Metro World News in Hollywood

Cult premieres on CTV Two tonight. HANDOUT

The new mystery series Cult follows investigative journalist Jeff Sefton (Matt Davis) as the disappearance of his brother leads him into the dark underworld of rabid, cult-like fans of a hit TV show called ... Cult. Which is about a cult with a charismatic leader named Billy Grimm who is played by an actor named Roger Reeves, who is played in real life by Robert Knepper. Still with us?

"What was interesting to me was to try to create a show that was truly unique, was truly different. And in doing so, yeah, it can make it a little harder to explain and describe," creator Rockne S. O'Bannon admits. "It's also a show with a lot going on, and I have a great deal of faith and trust in the audience to be able to hook into that. But we're very aware that we have a complex, multifaceted show going on, and we're trying to keep it as clear in our heads as possible."

TV veteran and Farscape creator O'Bannon is no stranger to obsessed fans, he admits.

"The origin of the show actually did come out of my Farscape experience, where I witnessed the kind of incredible fan passion for a show and the ability of fans to kind of find each other through social media and connect up," he says. "It started me thinking what if the show were something with a little bit (of a) darker edge and what kind of fans would that then draw?"

Multi-layered mysteries and disappearances are one thing, but the show-within-a-show conceit also gives O'Bannon and his writers chances for inside jokes that play with the audience even more. For instance, the actual show ends with a "created by" credit for Steven Rae, the name of the creator of the fictional Cult. (Eagle-eyed fans might notice that Rae is also the pseudonym O'Bannon has used for some less respectable entries on his resumé, like the 1995 TV movie Deadly Invasion: Killer Bee Nightmare.) "From our perspective, there is nothing too meta," O'Bannon says.

"For me in creating Cult, one of the things that I really got excited about was how to create a visceral experience for the audience and really try take the glass away from between the television show and the audience, take away that control. So to me, the very fact that the creator of the show, Steven Rae, inside the show is Steven Rae, part of the fun of it is the fact that we're actually incorporating what normally is the return of the audience back to the real world and keeping that as part of the entertainment."

But is there any fear of life imitating art, of Cult fans becoming obsessed enough with the show to start acting out like the fans of the show within the show?

While that would suggest some intense ratings for the new series, O'Bannon thinks that idea might be a bit too far-fetched. "We obviously hope that the show is incredibly effective and creates that kind of visceral experience for the audience, but I don't know that it has the power to go quite that far," he says.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Fertile Fergie fesses up to having lovely baby bump

THE WORD
Dorothy Robinson
scene@metronews.ca

Fergie has some new, growing lovely lady lumps — it was announced yesterday via Josh Duhamel's Twitter that the couple are expecting.

"Fergie and Me and BABY makes three," he wrote. Fergie, 37, followed suit: "Josh and me and BABY makes three!!!" she tweeted, with the hashtag #mylovelybabybump.

Duhamel has been talking about fatherhood for a while. "It'll happen," he told USA TODAY while promoting his new film, Safe Haven. "It's happening.

But every three months she's pregnant (in the press). If she gets a little paunch everyone thinks she's pregnant. It's like well thanks, they're basically calling you fat.

"But like my mom said, well, if she's been pregnant as long as everyone says that she is, well then we're going to have a baby elephant. We're on our own schedule with that."

Brooke Shields GETTY IMAGES

Brooke Shielded from bad side of biz

Brooke Shields knows why she succeeded in staying on the straight and narrow as a child star while so many like her were led astray. "I would get invited to Studio 54, but I'd leave before all the craziness and drugs happened," she says in an interview with Haute Living magazine. "I never saw the bag passed around. Andy Warhol and all those guys were very sweet to me. There was something about me that they wanted to protect and uphold."

Lindsay's mood swings alarmed SamRo's mom

Ann Dexter-Jones, the socialite mother of DJ Samantha Ronson, is opening up about why she stepped in to break up Ronson's relationship with Lindsay Lohan. "I was seriously anxious about Samantha's safety and well-being. I feared tragedy," Dexter-Jones tells the Daily Mail. "It got to a point that I wasn't sleeping very well." She remembers a party for the opening of the Atlantis Hotel in Dubai as being a particular breaking point. "Suddenly, without any warning, Lindsay flung herself onto the thick carpet and started to roll around screaming like a child," Dexter-Jones says. "It seemed she was upset that people, including Samantha, were not paying her enough attention. To my mind, it was classic psychotic behaviour."

Twitter

@ABFoundation
Fox TV reporter followed me down street, walking my dogs. He tripped and fell. My doorman said, "I'm your witness! You didn't push him!"

@Joan_Rivers
Reading about all those people stranded aboard the Carnival Triumph. The passengers on the Titanic had a better time on their trip.

@realjeffreyross
Last night on the phone my buddy @bobsaget told me his eyelid was infected and when I woke up today mine was too. Theories?

@charliesheen
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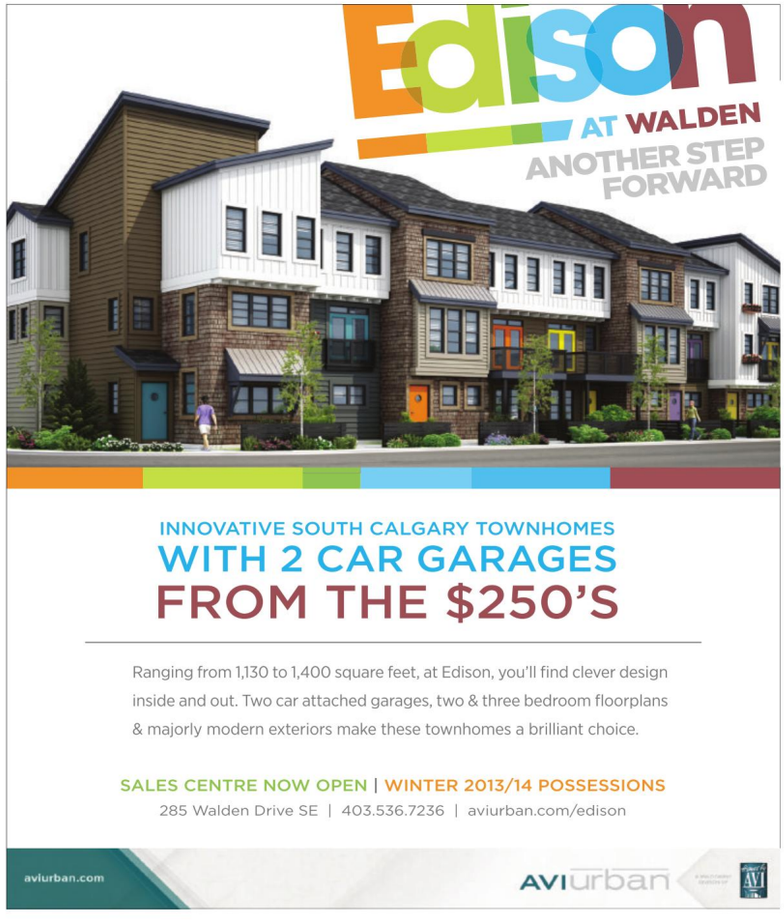
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RRSP GUIDE

Tuesday, February 19, 2013

In general, the amount you will need to save depends on a number of factors, including when you start saving, how much you think you will need in income upon retirement, and how much you are willing to set aside. ISTOCKPHOTO/THINKSTOCK

The earlier you save, the better

Rule of thumb. Try to put 10 per cent of annual income towards retirement

PAULINE ANDERSON
For Metro

If you are like many young people today, you aren't thinking much about retirement — it just seems so far away. But, increasingly, the onus is on you to look out for your future. And the earlier, the better.

A good rule of thumb is, if you are just starting out in the job market, say in your 20s, try to set aside 10 per cent of your annual income towards retirement, says Sue Neal, regional director, Investors Group, Toronto Downtown. "This will create the exercise, or the habit, of putting away a portion of your pay and not spending it."

Those in the above category, take note: Surveys show that baby boomers who are now hitting retirement age report that if they had to do it all over again, they would have started saving much earlier. As it stands, a "sizable" number of them don't start stashing away money until about a decade before they aim to retire, Neal says.

In general, the amount you will need to save depends on a number of factors, including when you start saving, how much you think you will need in income upon retirement, how much you are willing to set aside, and your "risk tolerance," or the amount of investment movement you find acceptable, Neal says.

"We come up with a formula, factoring in inflation, which is often the confusing part when you do it on your own. We can tell you that when you're this age, you will need this much money, and you need to invest in this, and to put this much money into it."

Saving for retirement is becoming increasingly important since fewer employees have defined benefit pension plans, says Lee Helkie, a partner at Helkie Financial and Insurance Services. "We see people working into their 70s, out of necessity, not because it's a hobby."

It's a tough time right now, and people have to be serious about buckling down and staying the course when it comes to contributing to a retirement plan.

"It's possible to do it, but you've got to get on it," Helkie says. And if you can't, or won't, you may have to either retire on less or work longer, she says.

Savings for retirement

$1 million

If you think you will need $40,000 per year when you retire, bank on having $1 million saved (that's right, one million), and if you can get by on only $30,000, you will still need $750,000, says Lee Helkie, a partner at Helkie Financial and Insurance Services. That's just "raw math," assuming you retire at 65 and live until 90. However, it's not accounting for inflation and other factors, Helkie says.

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Options. RRSPs still the top choice

TALBOT BOGGS
Smart Investing

Even with a myriad of other options, the registered retirement savings plan (RRSP) still is the cornerstone of retirement savings for most Canadians, although they may not be using it to its fullest advantage.

The newest retirement savings vehicle on the block is the pooled registered pension plan (PRPP). Designed to help the estimated 3.5 million Canadians who do not have employer-sponsored pension plans or RRSPs, the PRPP would be a great adjunct to the RRSP if and when it comes formally into being.

"At the moment we don't know a lot about the environment of the program because Ottawa and the provinces are still making their decisions about it," says Colin Montgomery, a financial adviser and certified financial planner with Edward Jones. "PRPPs alone probably will not be enough when it comes to retirement planning and individuals will need advice based on their own financial situation."

A PRPP is defined as a contribution pension system offered by a third party financial institution such as a bank or insurance company. The plan administration and fiduciary duty will be the responsibility of the financial institution, making it fairly easy for small- to medium-sized companies to set one up.

There likely will be some major differences between RRSPs and PRPPs. PRPPs, for example, are locked in until the age of 55 at the earliest, and in some provinces that may be as high as 65.

Unlike RRSPs, you can't get your money out of a PRPP once it is in and, therefore, you could not take advantage of programs like the homebuyers plan, which allows you to withdraw up to $20,000 to buy your first home, or to take out money tax-free for post-secondary tuition costs.

As well, you may not have as many investment options as you do with an RRSP. The actual investment guidelines will be set by the government and then individual plan administrators will offer products that meet those guidelines for investors from which to choose.

Contribution limits to a PRPP are the same as to your RRSP but cannot exceed your overall allowable limit. If you have $30,000 of RRSP contribution room, you could make any contributions to both plans as long as the total does not exceed $30,000.

"At the moment we don't know how the plan will be administered and how advice will be offered," Montgomery says.

"The government sets the options, the administrator sets the products and the investors make the choice."

Statistics show that Canadians are saving less than four per cent of their disposable income and, despite the billions of dollars invested in RRSPs and tax-free savings accounts (TFSA), they have plenty of room to add more to their retirement plans.

For example, only 26 per cent of eligible tax filers contributed to an RRSP in 2010.

Incentives

"Vehicles like the TFSA and the PRPP are giving people a further incentive to save for their retirement. They all are good adjuncts to the RRSP, but people need to look at their own individual situation and decide what the best options are for them."

Colin Montgomery, a financial adviser and certified financial planner with Edward Jones

While total RRSP contributions in 2010 rose to $33.9 billion, up from $33 billion in 2009, the total amount that Canadians were entitled to contribute in 2010 grew to $717 billion from $671 billion in 2009.

Twenty-one million Canadians have a total of $632 billion in unused RRSP contribution room.

"Vehicles like the TFSA and the PRPP are giving people a further incentive to save for their retirement," Montgomery says.

"They all are good adjuncts to the RRSP, but people need to look at their own individual situation and decide what the best options are for them."

THE CANADIAN PRESS

TALBOT BOGGS IS A TORONTO-BASED BUSINESS COMMUNICATIONS PROFESSIONAL WHO HAS WORKED WITH NATIONAL NEWS ORGANIZATIONS, MAGAZINES AND CORPORATIONS IN THE FINANCE, RETAIL, MANUFACTURING AND OTHER INDUSTRIAL SECTORS.

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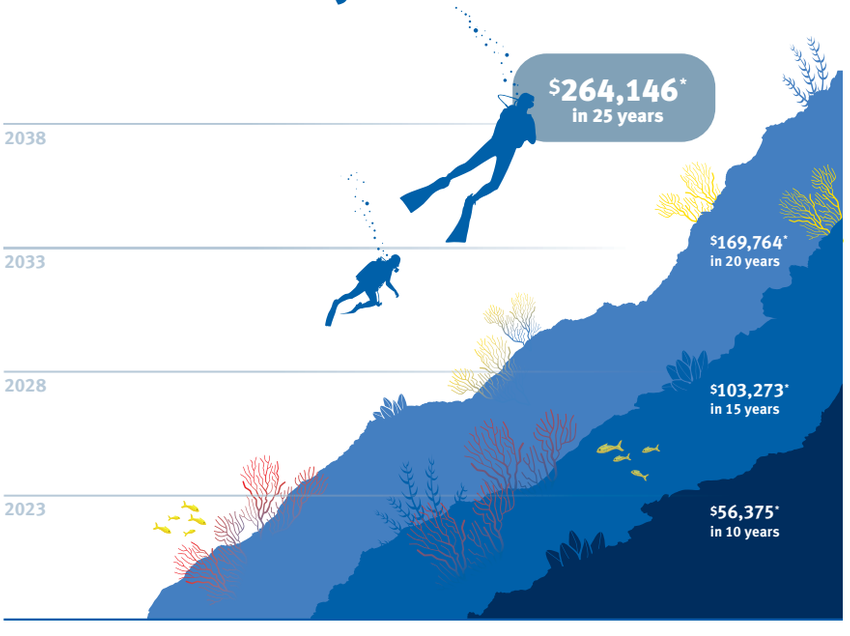

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The newest retirement savings vehicle on the block is the pooled registered pension plan (PRPP), but an RRSP is still the most popular for investors and those saving for retirement. WAVEBREAK MEDIA/THINKSTOCK

When saving for your retirement, seek out a financial adviser who can look at the big picture. ISTOCKPHOTO/THINKSTOCK

Advisers can answer questions

KRISTA SYLVESTER
For Metro

Numbers and facts

- The government started RRSPs in 1957 to encourage Canadians to save for retirement.
- 5,956,010 — number of Canadians who contributed to an RRSP in 2010.
- More than five per cent of Canadians did not make an RRSP contribution in 2012.

Every year around this time financial planners are bombarded with clients asking questions about RRSPs — how much should they contribute, should they pay down their mortgage or invest in RRSPs?

Financial adviser Joe Lee-Owe, president of McClary Financial in Calgary, says there is a broad spectrum of clients, ranging from those who maximize their RRSPs and those who don't. He says while there are no easy answers when it comes to RRSPs, he recommends people seek guidance from an adviser who is looking at the big picture.

"It depends on total taxable income, current tax deductions, marginal tax rates, long-term employment plans and retirement goals," Lee-Owe says. "The amounts and strategies vary for each individual and household."

Lee-Owe generally starts by advising clients on how much they should direct to savings in general, and from there determine where the savings should be placed, whether it be a tax-free savings account, open a non-registered account or RRSPs.

Lundgren & Young Insurance financial adviser Robert Eagleson says, generally, the higher the income, the more benefits people will receive from RRSP contributions.

"I read today that Calgarians contribute more than the average, which is not surprising as this is a fairly affluent city," he adds.

How much Canadians need generally depends on how much they make. For example, someone earning $80,000 per year who wants to retire with 75 per cent of their income would need to do the math and calculate the lump sum they would need at retirement given the variables.

But Eagleson says most people need to plan to retire with $1 million — a sum he thinks anyone will need to retire comfortably.

However, even though there are tax benefits to RRSPs and retirement savings benefits, it is possible to contribute too much, according to Lee-Owe.

"I have come across many clients well into their retirement that have contributed too much money in their RRSP's," he says, adding it could become subject to a steep tax rate if the RRSPs don't get spent.

Dividing assets when you split up

"Till death do us part" sounds great in theory, but what happens to those coveted RRSPs when you — dare we say — divorce?

Divorce is extremely difficult in the best of times, but it can get even more complicated when you factor in finances, investments and RRSPs, which is why it's important to arm yourself with knowledge.

Jacques de Muelenaere, a financial planner with Winnipeg's Millstone Financial, says RRSPs are treated much in the same way all assets will be treated in a divorce, and RRSPs can be divided.

"A divorce settlement can be a long and drawn out process, but once settled both parties will be bound by it," he explains. "Whether they agree or not doesn't change the terms of the settlement."

De Muelenaere says RRSPs don't receive any special attention during a divorce, but it might make sense for the partner without a pension to request the RRSPs. Often, one person will end up with a portion or bulk of the "family" RRSP, but the process can get complicated and industry insiders, including divorce lawyers, don't typically make the recommendation to split the funds.

"Every situation is unique and a financial planner can help with these decisions," he says. "But, ultimately, it will come down to being part of an overall strategy to split the assets in a fair way."

Once the divorce is settled, any amount that needs to be transferred from one spouse's RRSP account to the other is completed with the help of a Canada Revenue Agency tax form. It's important to know that dividing the funds as a result of divorce won't create a tax issue, but withdrawing the funds from the RRSP without the help of a Canada Revenue Agency tax form can create issues.

"This ensures that the money is kept sheltered in the transfer and doesn't trigger any taxes when it leaves the other account. Whether the RRSP is in a spousal account is irrelevant for this process."

Divorcing couples will ultimately have to decide what is more important to them when dividing assets. Would they rather have the family home, or the future retirement nest? Each couple will have to decide that for themselves.

KRISTA SYLVESTER

Divorce can complicate matters when you factor in finances, investments, and RRSPs. MARIA TEIJEIRO/PHOTODISC/THINKSTOCK

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A good day to workout hard

Jai Courtney. Actor who plays Bruce Willis' son in new Die Hard instalment talks to Metro about the movie that made him buff

ROMINA McGUINNESS
Metro World News

Jai Courtney says while he had to get fit for his role in the new Die Hard, he loves beer and pizza too much to take the gym too seriously. SUBMITTED

Courtney suffered a self-inflicted injury on set. HANDOUT

You totally upstage Bruce Willis in this movie. How does he feel about that? He must be mad, no?
Oh gosh! I don't know. You might have to ask him.

I'm not speaking to him. You can tell me.
He's the star. I will always respect that. I certainly have no intention of upstaging him.

Did you and Bruce train together? Did he teach you any good moves?
I learned a lot from him. But Bruce has a lot to think about. He didn't have time to worry about coaching me. There are a lot of people, who are paid a lot of money, standing around to do that.

There's a lot of running and jumping out of windows — I tried counting the amount of cars you guys crashed...
Do you want to know the amount?

Sure.
108.

And how many of those did you crash?
A couple. It was an epic car chase.

Did you have to get in shape for the role?
A little bit. It made sense to. I'm not a gym junkie. I've had to get in shape for a few gigs and I enjoy having to do that.

Was that for your role as the gladiator Varro in the TV series Spartacus?
Yeah. I've never done training like that since. It was the closest thing to torture I'll ever experience. It was a great challenge. There was more pressure then because I was basically in my underwear, all day, every day.

So you had to look good...
Exactly. And there's no better motivation than 30 ripped up guys around you as a means to work hard.

Did you do anything specific in terms of your diet and exercise for Die Hard?
Embarrassingly, I've always approached working out a little bit casually. I'm a bit of a wuss when it comes to that sort of stuff. You just have to cut the carbs and hit the gym a little. I was doing a lot of low impact cardio — like walking and jogging. I'd go first thing in the morning — before having anything to eat. It starts up your body engine and speeds up your metabolism. I did a little bit of weight work. But ever since Spartacus, I've not worked with a trainer. I don't want to be pushed that hard. I'm too fond of beer and pizza to live my life by that kind of code.

Which of the stunts did you do?
We did pieces of just about everything. But it's unfair not to credit the 20 to 30 doubles and stunt coordinators that help make them look really cool.

So did you actually do anything?
Absolutely. We're jumping out windows, crashing the vehicles and getting into fights — the debris tube, flying down that thing. But insurance companies would have something to say if we tried to attempt it all ourselves.

Did you get any injuries on set?
None that I have any cool stories about. The only injury I got — and it was self inflicted — there's a moment in the car chase when I punch the steering wheel ... and I shredded my knuckles on the Mercedes-Benz badge.

There is a lot of punching, not just from you. Did you guys have punching training?
There are a few punches going around. All that stuff is choreographed — it's like learning a dance. The steering wheel one was kind of stupid.

Did you punch it — for real?
I punched the sh— out of it. Our director, John Moore, was trying to get me worked up because that's cutting in a moment when Jack is hugely frustrated with his father. He was like, 'Feel free to punch the wheel.' So I went for it. I remember looking at the Mercedes sign and seeing chunks of my skin in it. It hurt.

Willis is on his fifth Die Hard — this is your first. What tips did he give you for being the perfect John McClane Junior?
He didn't give me any tips. The kind of knowledge and wisdom that he passed on to me was more organic. I just learned a lot from working with the guy. It wasn't, 'Come here boy, let me show you how to do it.'

You fought Tom Cruise in Jack Reacher and lost. Could you take him in real life?
I'd give it a red hot go! He's pretty skilled, man. Who knows.

He's skilled, but he's so tiny!
That doesn't always equate to winning a match. What do they say? 'It's not the size of the dog in the fight, it's the size of the fight in the dog.'

So could you win?
I don't know. Maybe we can go toe-to-toe again sometime.

You were a kid when the original Die Hard movie came out. Which movie is your favourite?
Number 1. Not only is it the introduction to this iconic franchise, it's a quintessential action film. Great villains. It set up this convention of wisecracking humour balanced with epic action. And introduced this everyman we've come to love — John McClane.

Willis' catchphrase: I have trouble pronouncing it: yippee ki-yay.
You can't say Yippee ki-yay!!??...

How come you don't have a catchphrase? Make one up now.
I have no idea. I'll leave it to the professionals. We'll see whether something comes up if I get to reprise the role…

Outdoor running is a great way to avoid all those viruses circulating at the gym, but there are some dangers. ISTOCK

Cool runnings

Exercise. Jogging in the winter is a great way to stay fit, but beware of the hazards on the path to health

MEREDITH ENGEL
Metro World News in New York

You've made a resolution and want to get rid of those extra pounds, but how to get started? Staying fit by exercising outdoors in cold winter weather brings on some unique challenges. Here are some tips on the hazards of outdoor fitness, and how to avoid them:

Frostbite

Exposed skin surfaces and extremities are susceptible to injury from contact with cold air, as the circulatory system naturally diverts warm blood away from cold skin in order to keep your core temperature constant. Nose, ears, lips, fingers and toes are particularly sensitive areas and should be covered and insulated when exercising in cold winter weather less than 5 C, and even more so when it is below freezing or windy.

Warm hats, scarves, face masks, mittens — which are better than gloves because your fingers keep each other warm — and wool socks should all be a part of your winter fitness wardrobe.

You may also consider hand warmers for inside your gloves. Because of the risk of frostbite, never exercise outdoors with exposed arms or legs for more than a few minutes on below freezing days.

Hypothermia

It doesn't need to be freezing outside to become hypothermic. Wind draws heat away from your body even faster, and so susceptibility to hypothermia is greater on windy days. Make sure that if you are exercising outdoors in the cold, you wear multiple layers of clothing so that you are neither too cold, nor too warm. Perspiration can cause your clothing to become wet, so strip off layers as you warm up. Evaporation from wet clothing can cause even faster loss of body heat, and makes the risk of hypothermia greater.

Additional tips

- **Health problems?** If you have any medical conditions such as diabetes, hypertension, heart disease, asthma or bronchitis, it is probably better to exercise indoors than risk illness due to overexertion in the cold.
- **Stay well hydrated.** The cardiovascular system is under stress in cold weather, so filling up your tanks with a sports drink or water before you go out is always a good idea.

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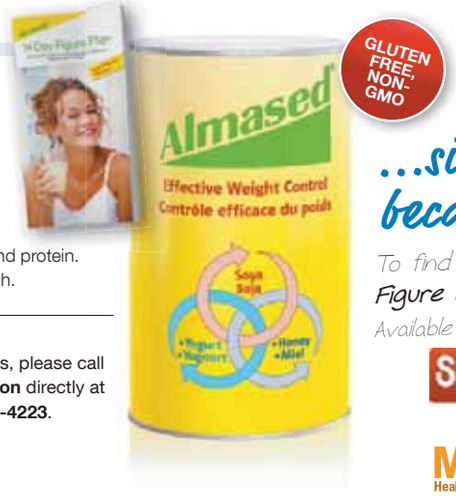

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This recipe serves four. LORELLA ZANETTI, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

This is the number one choice for clients of my catering company.

As an alternative, grill the fish and serve the sauce separately. Use the sauce over chicken as well.

Ingredients

- 1/4 cup packed brown sugar
- 2 tbsp low-sodium soy sauce
- 1 tbsp water
- 2 tbsp rice vinegar
- 2 tsp sesame oil
- 2 tsp cornstarch
- 2 tsp minced fresh garlic
- 1 1/2 tsp minced fresh ginger
- four 4-oz portions skin-on salmon fillets
- 2 tsp sesame seeds
- 3 tbsp chopped cilantro or parsley

1. Preheat the oven to 425 F. Line a rimmed baking sheet with foil and spray with cooking oil.

2. Whisk the brown sugar, soy sauce, water, vinegar, oil, cornstarch, garlic and ginger together in a small saucepan. Cook over medium heat until thickened and smooth. Remove from the heat.

3. Place the salmon, skin-side down, on the prepared baking sheet. Spoon half the sauce over the salmon. Sprinkle with sesame seeds. Bake in the centre of the oven for 10 minutes per inch thickness of fish, or until the fish flakes easily when pierced with a fork.

4. Garnish with cilantro and sesame seeds and serve with the remaining sauce on the side. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Health Solutions

The truth about Vitamin D

NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

This month, anyone who lives north of sunny Atlanta is sunshine starved and therefore Vitamin D deficient. So, unless you have plans to fly south soon, you had better have a backup plan.

Milk (and some brands of milk products, like yogurt) are Vitamin D fortified.

But, the amounts aren't high enough to ensure you are topped up to a protective level to prevent osteoporosis, cancer and, studies are showing, many other chronic illnesses.

Here are some good sources:

1. **Salmon**
2. **Cod liver oil**
3. **Liver**
4. **Eggs**
5. **Caviar**
6. **Greek caviar dip taramosalata**

Keep in mind that enjoying all of these foods each day nets you only about half of the recommended amounts: two glasses of milk, a serving of salmon and an egg a day.

Get as much as you can from your plate and glass but remember Vitamin D is one of those nutrients you may want to consider supplementing — or flying south to get!

THERESA ALBERT IS A FOOD COMMUNICATIONS CONSULTANT AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

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• Transforming of the lower energies into higher energies
• Increasing the flow of pranic energies within the body
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Canada: The cyber-shopping juggernaut

Alison on Money. After years of growth, is online shopping the new norm?

YOUR MONEY
Alison Griffiths
money@metronews.ca

Canadians are cyber-shopping obsessed. According to a June 2012 MasterCard Spending Pulse Report, e-commerce grew by an astounding 24.9 per cent in the first six months of 2012 compared to the same period in 2011. At the same time the general economy grew a modest 2.2 per cent.

My own shopping habits have fallen in line with the statistic. In the past year, I've ordered everything from fresh roasted organic coffee to vegetables, supplies for my horses and wine.

Cyber shopping is a trend that was widely predicted before the dotcom crash of 2000. The old economy, bricks and mortar, was going to wither away and be replaced by new economy, Internet-based businesses.

But it didn't happen. At least not then. However, change sneaks up on you, and makes itself evident with a big bang. The seemingly overnight disappearance of video stores comes to mind. And once golden Best Buy suddenly became the place for window shoppers who then beetled on home to buy online.

The Best Buy experience proves the point that many consumers still like to see an actual physical specimen, especially with big-ticket items. Internet research and marketing company WWW Metrics notes that retailers with both a physical and online presence saw high dollar item growth of 23 per cent last year while online-only retailers reported nine per cent. It's hardly surprising. Who wants to shell out a large sum when you can't kick the tires? I recently

Consumers still like to see a physical product. Research shows retailers with both a physical and online presence saw incredible growth. ISTOCK IMAGES

priced gazebos online, but didn't want to pay $4,500 sight unseen. I finally chose a local company, which had sample products assembled for viewing.

Selling such big-ticket items is likely the next retail challenge. Large chains like Sears and the Brick have gone one way by rolling out smaller stores specializing in beds and appliances. Lowes and Home Depot have taken a different route, offering a limited physical array in categories such as carpeting, kitchen and bathrooms with far more product available through special order or online only.

Ironically booming e-commerce may make the biggest bricks and mortar chain of all, Walmart, even more dominant thanks to its already strong Internet presence.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

The season for saving

If you haven't already noticed from all the chipper television commercials lately, it's Registered Retirement Savings Program (RRSP) season! Now is the time to rush to your financial advisor's office and make a contribution for the 2012 tax year.

FUN AND FRUGAL
Lesley Scorgie
money@metronews.ca

What's the big rush? Each year you have until March 1 to contribute to your RRSP and have it count toward the previous tax year.

Contributions are fully tax deductible and they grow tax-deferred until withdrawal; typically when you retire. The greater the amount you contribute, the more income you get to deduct from your tax return. Rather than forking over thousands of dollars in taxes to Revenue Canada, you can invest these saved dollars within your RRSP.

And, the benefits of contributing to an RRSP don't stop there.

The law of reinvested returns states that more money grows larger and faster than less money; when invested in a portfolio that is properly allocated based on your personal needs. Thus, keeping more of your money, rather than paying it out in taxes, significantly increases your nest egg.

If you're over the age of 18 and have current government issued identification, you can open an RRSP account through your local bank or financial advisor. Often times employers will provide RRSPs or an equivalent tax-advantaged retirement savings program. Once your account is opened, individuals can contribute up to 18 per cent of their income, up to $22,970 for tax year 2012, and the limit can sometimes vary depending on your pension program at work . If you can't maximize your RRSP limit, you can carry-forward the contribution room indefinitely.

For most young people, contributing the maximum is nearly impossible. But, don't fret. Build RRSP savings over the long term by contributing regularly on pay-day and increasing your contributions annually until you reach your maximum limits. Sometimes employer retirement savings programs will even have a matching component.

So sign up and take advantage of free money!

We're not filling up on appetizers

Dear Mr. Butler:
I don't understand why people serve appetizers before dinner. I find that it generally either fills me up or my guests just eat them and then don't appreciate the dinner I made for them. What's the point and what are the guidelines?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Now in my opinion most hosts confuse a cocktail party from the cocktail hour.

First, the "cocktail hour" before a sit-down dinner is not supposed to be a long event. Ideally, 30 to 40 minutes. But since in most cases alcohol is being served so that your guests don't get drunk on an empty stomach prior to dinner, serving a small amount of food is a very good idea. This keeps both your stomach happy and whets your appetite in anticipation for dinner.

A cocktail party has no "sit-down" meal portion, so serving plenty of appetizers throughout the entire time guests are at your house drinking alcohol is appropriate and very necessary.

Remember we always need to serve food when serving alcohol. But the difference here is that since we don't have dinner, the appetizers are the meal being served, thus a great quantity is needed. But remember, no matter what, appetizers should be one bite, maximum two, NEVER MORE!

The larger the appetizer the harder it is for people to eat, and this makes people both uncomfortable and often avoid a particular food item as they are afraid to make fools or a mess of themselves in the middle of your living room.

One bite, two bites, but never, ever more. ISTOCK IMAGES

Did your dream date turn out to be a nightmare?

How romantic. Metro readers share some dating disaster stories

Valentine's Day has come and gone, but love is still in the air for Metro readers who were all too happy to share their dating stories; though these tales are more full-on disasters than happily-ever-afters.

Mike Kozubski
I had been talking to this girl on the phone who I met on a dating site about a year after splitting from my wife, and thing things were going great.

I asked her out a few times, but every time she said to just come over, so one day I did. But when I got there, her place was a mess and all she wanted to do was get high and have a good time like a teenager. This woman was the same age as me, but still acted like she was 16. She had other guys phoning non-stop and she would stop and answer their calls to make dates, then try coming back to make out with me. It was too much to handle, and I finally blew my top when I learned that she had just broken up with a 16-year-old and walked out.

Taggart Romkey
I stopped e-dating because I kept attracting weird and creepy people. I met this one girl who was my age (26) online. We decided to meet up, which was a bad idea. She showed up at Second Cup with a pacifier in her mouth, I kid you not. She told me she wanted me to be her daddy. I have since blocked her on my phone and Skype. She and a few other creepy crawlers made me decide to avoid online dating.

Kris
I met a guy and just a few minutes into the first date, he said to me, perfectly deadpan, in the middle of a Tim Hortons: "I like to clean and do household chores for dominant women." I just said, "Hmmm. That's not quite what I'm looking for, I'm gonna go now!"

Thank goodness my next date was the one who turned out to be my husband.

METRO

This couple probably won't live happily ever after. ISTOCK IMAGES

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Oscar Pistorius

Slain girlfriend's family searching for answers

The family of Oscar Pistorius' slain girlfriend wants answers, her mother told a Johannesburg newspaper, as South Africans braced to hear why prosecutors believe a national hero murdered the model who was shot multiple times.

June Steenkamp, Reeva Steenkamp's mother, told The Times in a front-page interview published on Monday: "Why? Why my little girl? Why did this happen? Why did he do this?"

"Just like that, she is gone," the newspaper quoted her as saying in a telephone interview. "In the blink of an eye and a single breath, the most beautiful person who ever lived is no longer here."

Pistorius, who remains in custody in a red-brick one-storey police station in Pretoria, is set to return to court on Tuesday for the start of his bail hearing. It will be the first opportunity for the prosecution to describe evidence police gathered against the 26-year-old double-amputee runner and the reasons why he was charged with murder.

THE ASSOCIATED PRESS

MLB

"I'm not going to lose any sleep over it. If those guys feel I deserve to be there, then I deserve to be there. If they feel I don't, then that's OK, too."

Former pitcher Roger Clemens speaking on Monday about his exclusion from the Baseball Hall of Fame last month. Clemens was acquitted last year on charges he obstructed and lied to Congress in denying he used performance-enhancing drugs. The 354-game winner is at Houston Astros spring training as a special instructor.

Calgary Flames goalie Daniel Taylor, left, cannot get a glove on the puck before Phoenix Coyotes centre Antoine Vermette, right, pokes it into the net for a goal, as he is checked by Flames defenceman Dennis Wideman in the third period on Monday in Glendale, Ariz. PAUL CONNORS/THE ASSOCIATED PRESS

Flames' revolving goalie system falters

NHL. Danny Taylor, making first NHL appearance since 2007-08, beaten early by Coyotes

On Monday

Coyotes	Flames
4	0

Mike Smith stopped 29 shots, Keith Yandle scored in the opening minute of the first period and Mikkel Boedker did the same to start the third, lifting the Phoenix Coyotes to a 4-0 win over the Calgary Flames on Monday night.

Yandle knocked in a rebound 41 seconds into the game for his fourth point in two games and Boedker scored 30 seconds into the third by squeezing a puck between Calgary goalie Danny Taylor's pads in front of a standing-room-only crowd at Jobing.com Arena.

That was enough for Smith, who was sharp all night for his 22nd career shutout and third this season.

Antoine Vermette and Raffi Torres each added goals in the third period, David Moss had two assists against his former team and Oliver Ekman-Larsson added two assists in Phoenix's sixth win in eight games.

Taylor stopped 33 shots in his first NHL start.

The Flames have played well lately despite their revolving door of goaltenders.

Starter Miikka Kirprusoff hasn't played since Feb. 5 because of a sprained knee and Calgary sent Leland Irving to Abbotsford of the AHL after he gave up two goals on four shots in a 5-2 loss to St. Louis on Friday.

Joey MacDonald, picked up off waivers from Detroit last week, earned his first victory with Calgary after the Flames rallied with three goals in the third period for a 4-3 win over the Stars on Sunday night, giving them at least a point in three of four games.

Against the Coyotes, Flames coach Bob Hartley decided to go with Taylor, whose only previous NHL experience was one period with the Los Angeles Kings during the 2007-08 season.

The Coyotes beat Taylor again early in the third period when a shot by Ekman-Larsson bounced hard off the back boards to the other side of the goal. Taylor dropped to his knees as he scrambled around the crease, but Boedker's shot slipped between his legs and bounced off his right pad into the goal.

Vermette, who had an assist on Boedker's goal, scored later in the period by swatting the puck in during a scramble in front, and Torres scored on a wrister from along the right boards. THE ASSOCIATED PRESS

4 SPORTS

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Nedohin creating a stir at Scotties

Curling. Edmonton skip brings intensity and excitement to Team Canada's play

Team Canada's Heather Nedohin isn't just emotion and passion on the curling ice.

She's also a master tactician who thrives in pressure settings. Nedohin is as friendly as they come but packs an intensity-loaded wallop in competition.

Add it up and you've got a formula for success that's working once again at the Scotties Tournament of Hearts, this year in Kingston, Ont.

"She is an extremely determined and feisty individual," said Canadian lead Laine Peters. "A lot of that is so intrinsic. I don't think you can necessarily learn it; it's just in there.

"And she's got it."

Nedohin recorded her fourth straight victory on Monday afternoon, needing only seven ends to complete a 12-2 rout of Quebec's Allison Ross. She improved to 5-0 later in the day with a 10-3 victory over Stacie Devereaux of Newfoundland and Labrador.

Heather Nedohin reacts after a shot against Team Quebec on Monday in Kingston, Ont.
RYAN REMIORZ/THE CANADIAN PRESS

Manitoba's Jennifer Jones and Ontario's Rachel Homan also had 5-0 records after seven draws.

Jones defeated Kerry Galusha of the Northwest Territories/Yukon 9-1 in the evening draw while Homan beat New Brunswick's Andrea Crawford 7-5. Saskatchewan's Jill Shumay fell to 4-1 after dropping a 12-7 decision to Suzanne Birt of Prince Edward Island.

Nedohin is known for delivering ear-piercing orders to teammates Peters, Beth Iskiw and Jessica Mair down the sheet. The 37-year-old Edmonton skip will sometimes jump in the air, twirl her arms around or contort her body in odd positions when her stones enter the house.

"She does have composure when she's calling the game, but when she's calling line for her shots she's so crazy," Peters said with a laugh. "We see the replays and we kill ourselves laughing because she's so full of emotion and excitement."

The rink has been steady and consistent over the first three days of the tournament.

"I believe we're the same team as last year," Nedohin said. "We're just keeping it going." THE CANADIAN PRESS

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	36	14	.720	—
New York	32	18	.640	4
Indiana	32	21	.604	5½
Brooklyn	31	22	.585	6½
Chicago	30	22	.577	7
Atlanta	29	22	.569	7½
Boston	28	24	.538	9
Milwaukee	26	25	.510	10½
Philadelphia	22	29	.431	14½
Toronto	**21**	**32**	**.396**	**16½**
Detroit	21	33	.389	17
Cleveland	16	37	.302	21½
Washington	15	36	.294	21½
Orlando	15	37	.288	22
Charlotte	12	40	.231	25

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	42	12	.778	—
Oklahoma City	39	14	.736	2½
L.A. Clippers	39	17	.696	4
Memphis	33	18	.647	7½
Denver	33	21	.611	9
Golden State	30	22	.577	11
Utah	30	24	.556	12
Houston	29	26	.527	13½
Portland	25	28	.472	16½
L.A. Lakers	25	29	.463	17
Dallas	23	29	.442	18
Minnesota	19	31	.380	21
New Orleans	19	34	.358	22½
Sacramento	19	35	.352	23
Phoenix	17	36	.321	24½

Note: division leaders ranked in top three positions regardless of winning percentage.

TUESDAY'S GAMES — ALL TIMES EASTERN
Toronto at Washington, 7 p.m.
Charlotte at Orlando, 7 p.m.
Memphis at Detroit, 7:30 p.m.
Milwaukee at Brooklyn, 7:30 p.m.
Chicago at New Orleans, 8 p.m.
Boston at Denver, 9 p.m.
Golden State at Utah, 9 p.m.
Phoenix at Portland, 10 p.m.
San Antonio at Sacramento, 10 p.m.

WEDNESDAY'S GAMES
Memphis at **Toronto**, 7 p.m.
New York at Indiana, 7 p.m.
Detroit at Charlotte, 7 p.m.
New Orleans at Cleveland, 8 p.m.
Philadelphia at Minnesota, 8 p.m.
Brooklyn at Milwaukee, 8 p.m.
Oklahoma City at Houston, 8 p.m.
Miami at Atlanta, 8 p.m.
Orlando at Dallas, 8:30 p.m.
Boston at L.A. Lakers, 10:30 p.m.
Phoenix at Golden State, 10:30 p.m.

THURSDAY'S GAMES
Miami at Chicago, 8 p.m.
San Antonio at L.A. Clippers, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	16	11	5	0	52	38	22
New Jersey	16	9	3	4	42	38	22
NY Rangers	14	8	5	1	38	35	17
Philadelphia	17	7	9	1	45	49	15
NY Islanders	15	6	8	1	45	54	13

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	15	10	4	1	43	34	21
Boston	13	9	2	2	37	31	20
Toronto	16	10	6	0	46	36	20
Ottawa	16	8	6	2	37	31	18
Buffalo	16	6	9	1	46	54	13

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	14	8	5	1	41	40	17
Tampa Bay	14	7	6	1	55	45	15
Florida	15	4	7	4	35	56	12
Winnipeg	14	5	8	1	35	46	11
Washington	15	5	9	1	41	51	11

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	15	12	0	3	51	31	27
St. Louis	15	9	5	1	52	48	19
Nashville	16	7	4	5	35	35	19
Detroit	15	7	6	2	40	44	16
Columbus	15	4	9	2	34	48	10

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	14	8	3	3	41	33	19
Minnesota	15	7	6	2	33	38	16
Edmonton	14	6	5	3	35	38	15
Colorado	14	6	7	1	37	43	13
Calgary	14	5	6	3	39	51	13

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	14	11	2	1	50	37	23
Phoenix	16	8	6	2	44	41	18
San Jose	14	7	4	3	37	33	17
Dallas	16	8	7	1	41	43	17
Los Angeles	13	5	6	2	30	36	12

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

MONDAY'S RESULTS
Ottawa 2 New Jersey 1 (SO)
Philadelphia 7 NY Islanders 0
Colorado 6 Nashville 5
Montreal 3 Carolina 0
Toronto 3 Florida 0
Phoenix 4 Calgary 0
Columbus at Anaheim

TUESDAY'S GAMES — ALL TIMES EASTERN
Montreal at NY Rangers, 7 p.m.
Winnipeg at Buffalo, 7 p.m.
NY Islanders at Ottawa, 7:30 p.m.
Toronto at Tampa Bay, 7:30 p.m.
San Jose at St. Louis, 8 p.m.
Detroit at Nashville, 8 p.m.
Vancouver at Chicago, 8:30 p.m.
Los Angeles at Edmonton, 10 p.m.

WEDNESDAY'S GAMES
Philadelphia at Pittsburgh, 7:30 p.m.
St. Louis at Colorado, 10 p.m.
Los Angeles at Calgary, 10 p.m.

THURSDAY'S GAMES
Florida at Philadelphia, 7 p.m.
New Jersey at Washington, 7 p.m.
Buffalo at Toronto, 7 p.m.
Winnipeg at Carolina, 7 p.m.
NY Islanders at Montreal, 7:30 p.m.
NY Rangers at Ottawa, 7:30 p.m.
Boston at Tampa Bay, 7:30 p.m.
Columbus at Detroit, 7:30 p.m.
Vancouver at Dallas, 8:30 p.m.
Minnesota at Edmonton, 9:30 p.m.

MAPLE LEAFS 3, PANTHERS 0

First Period
1. Toronto, Kessel 3 (van Riemsdyk) 17:04
Penalties — Orr Tor (Fighting) 2:41, Parros Flo (Fighting) 2:41.
Second Period
2. Toronto, Kadri 5 (Phaneuf, Macarthur) 12:13 (pp)
3. Toronto, Macarthur 3 (Kadri, Franson) 13:57
Penalties — Franson Tor (Interference) 6:21, Komarov Tor (Diving) 7:28, Campbell Flo (Interference) 7:28, Fleischmann Flo (Hooking) 10:47, Strachan Flo (Fighting) 14:43, McLaren Tor (Fighting) 14:43, Gudbranson Flo (Cross-checking) 15:37, Komarov Tor (Diving) 15:37.
Third Period
No Scoring
Penalties — Kovalev Flo (Tripping) 7:18, Kessel Tor (Hooking) 11:58, Kessel Tor (Tripping) 17:50.
Shots

Toronto	**12**	**14**	**6—32**
Florida	**14**	**11**	**12—37**

Goal — Toronto: Scrivens (W, 4-3-0). Florida: Theodore (L, 4-6-2).
Power plays (goal-chances) — Toronto: 1-2. Florida: 0-3.
Referees — Rob Martell, Kelly Sutherland.
Linesmen — Steve Barton, Brad Kovachik.
Attendance — 17,177 at Florida.

See today's answers at metronews.ca/answers.

Horoscopes

Aries
March 21 - April 20
Your duties and chores may be restricting you to one place but don't let it stop you from looking further ahead. Start making plans now. The day when you can do something with them may not be far away.

Taurus
April 21 - May 21
As an Earth sign, you usually stick with the same old routines but if you try something different today, the element of surprise could work in your favour. You may even surprise yourself by how much you enjoy it.

Gemini
May 22 - June 21
The next few days will be hugely important for those Geminis who want to move up in the world. The Sun in the career area of your chart is on your side. Only fear of success can hold you back.

Cancer
June 22 - July 23
Someone needs your support today. You may not entirely approve of the choices they have made but you will be there for them nonetheless. You may even be secretly impressed that they refuse to follow the herd.

Leo
July 24 - Aug. 23
If you can't make others understand what you are trying to explain, don't worry about it. This is one of those times when everyone is likely to get things mixed up, but it will all make sense in the end.

Virgo
Aug. 24 - Sept. 23
You might as well be more tolerant today because partners and loved ones will do their own thing whether or not you approve. In fact, if they know you object they may take delight in doing it all the more.

Libra
Sept. 24 - Oct. 23
Resist the urge to interfere in other people's private affairs today. If you stick your nose where it isn't asked for and isn't wanted, you could find that you do unite the warring factions — against you!

Scorpio
Oct. 24 - Nov. 22
It seems you are missing one final piece of a puzzle that has been annoying you and you may find it today. When you do, don't be surprised if the picture looks different than what you expected.

Sagittarius
Nov. 23 - Dec. 21
The Sun in Pisces at this time of year makes loved ones a bit sensitive, especially to criticism, so keep your Sagittarian habit of calling it as you see it under control. You don't always have to tell the truth.

Capricorn
Dec. 22 - Jan. 20
Honesty is always the best policy — but it cuts both ways. If someone says something you disagree with today, you should look at their remarks closely before you hit back. Maybe there's some truth to them.

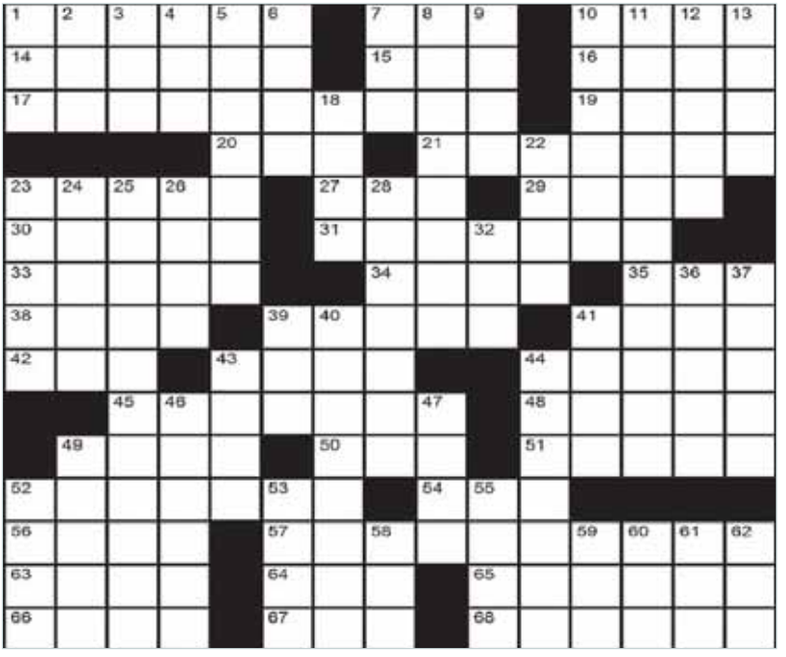
Aquarius
Jan. 21 - Feb. 19
For some strange reason almost everyone you meet lately wants to be helpful, to do you favours. Should you take advantage of the situation? You most certainly should! It may be a long time before you are this popular again.

Pisces
Feb. 20 - March 20
Even if you are not a particularly ambitious Piscean, the Sun's journey through your sign over the next few weeks will ignite your desire to make something of yourself. Bigger and better things await you.

SALLY BROMPTON

Crossword: Canada Across and Down

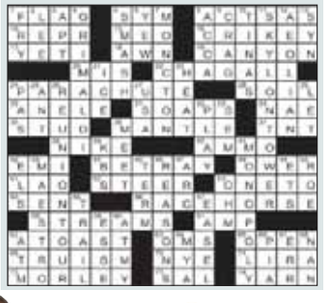
BY KELLY ANN BUCHANAN



Across
1. Canadian star of "Grey's Anatomy", __ Oh
7. Typing-efficiency meas.
10. Briefly get ready
14. Hawaiian greetings
15. "__-haw!"
16. Lively circle dance
17. Ottawa's __ Buildings
19. Departed one's bio
20. Compass dir.
21. Anne Hathaway's Oscar-nominated role in "Les Miserables"
23. Early-'80s Tom Hanks sitcom, "__ Buddies"
27. MLB's Diamondbacks, on scoreboards
29. 'Chamel' completers
30. Prefix to 'violet'
31. Most profound
33. Oscar-winner Sophia
34. Happy
35. Clock's li'l time segments
38. "The Brady Bunch" son
39. Cram
41. Laboratory bottle
42. Summer clock setting [acronym]
43. Don't pass
44. "__ bleu!"
45. "Oh What a Feeling" band
48. Signed, as a deal
49. Norse thunder god
50. Period
51. Tavern orders
52. What $20 bills are made of
54. Sault __. Marie, Ontario
56. 'Hypn' suffix
57. RRRoll Up the Rim to Win chain: 2 wds.
63. Same: French
64. Wee weekday
65. Greek Myth: Muse of astronomy
66. Some punk music fans
67. 'Enthusi' ender
68. High school in "Grease" (1978)

Down
1. Exhaust
2. Birmingham's li'l state
3. Agatha Christie novel, _ __ M?
4. FedEx rival
5. Dustin Hoffman/Tom Cruise Oscar-winning film: 2 wds.
6. Wise __ owl: 2 wds.
7. X's spelled-out follower
8. Montreal Neurological Institute founder, Dr. Wilder __
9. Prefix to 'morphosis'
10. Pics
11. Canadian actor Alan's singer/songwriter son: 2 wds.
12. "Happy Days" actress Ms. Moran's
13. Cracker topping
18. Honey drink
22. Require
23. WWII's Battle of the __
24. "_ ___..." (Prayer opener)
25. Celeb's long ride to the Oscars?: 2 wds.
26. Portland, __.
28. Frequent customer
32. Salary
36. More unique
37. Toboggans
39. Viewed
40. Captain James T. Kirk ...the 'T.' stands for what?
41. Weather __ (Barn topper)
43. Shape
44. "Mimi on the Beach" singer
46. Posh cars, Rolls-__
47. Foolhardy
49. Symbolic pole
52. Apple or pear, in botany
5. "At Last" singer Ms. James
55. __ of duty
58. "How I __ Your Mother"
59. Small amount
60. U2 song
61. Nothing
62. Pizzeria owner in "Do the Right Thing" (1989)"

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6	9	2		4	3	7	
3	4						9	5
		6	8		2	5		
	1			4			3	
		4	9		1	2		
9	7						5	4
	2	1	5		9	8	6	

Friday's Sudoku

9	1	5	7	6	3	2	4	8
7	3	2	8	1	4	6	9	5
6	8	4	2	5	9	7	1	3
4	7	8	6	9	1	3	5	2
1	2	3	5	7	8	9	6	4
5	6	9	3	4	2	8	7	1
2	9	6	4	3	5	1	8	7
3	4	1	9	8	7	5	2	6
8	5	7	1	2	6	4	3	9

Weather

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TODAY	WEDNESDAY	THURSDAY
MAX: -6° MIN: -9°	MAX: -5° MIN: -10°	MAX: -8° MIN: -16°

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(2 Corinthians 5:17)

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